

## **WEEKLY PRACTICE-Week 1**

- Notice how often you “tell” instead of “ask.” Put 10 Rupees in a jar for every “telling” statement you make. At the end of a week, count the money and take the family for ice cream.
- Think about how you could have engaged in asking instead of telling so you’ll be better prepared next time. Observe your telling statements for 3 days and in your handout make a list of telling and alternative asking statements. Use those asking statements for the next three weeks.
- When you or your child is upset, try asking for a hug. If he/she says, “No,” respect that and let her know you would like one when she is ready. Then walk away.
- Journal about what you are learning to deepen your experience. Journaling everything will help you understand your feelings and the steps to be taken
- Start a list of Positive Discipline Tools you are learning.
- Journal about the tools you tried. How did they work? How did they help your child learn the characteristics and life skills you hope for him or her?
- If they didn’t seem to work, journal about that and see if you can discover why as you keep learning.
- We highly recommend a book “Positive Discipline by Jane Nelson. Read chapters 1 (The Positive Approach) and 2 (Some Basic Concepts) in the Positive Discipline book to enhance your learning.